FOUR NOBLE TRUTHS

1 • ADDICTION CREATES SUFFERING
We take stock of the suffering we have experienced and caused as addicts.

2 • THE CAUSE OF ADDICTION IS REPETITIVE CRAVING
We investigate the causes and conditions that lead to addiction and begin the process of letting go.

3 • RECOVERY IS POSSIBLE
We come to understand that recovery is possible and take refuge in the path that leads to the end of addiction.

4 • THE PATH TO RECOVERY IS AVAILABLE
We engage in the process of the Eight Fold Path that leads to recovery.

For more information visit RefugeRecovery.org